

# FITNESS CLASSES AT BNL

January - February 2012

[www.bnl.gov/bera](http://www.bnl.gov/bera)

**ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES**

*Classes cannot be pro-rated. Your paid registration is needed to secure instructors.*

**Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400A**

**AQUA AEROBICS – 9 week session - \$36 for once a week OR \$70 for twice a week**

***5:30-6:30pm at the Pool, Bldg 478***

**Tuesday: Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28**

**Thursday: Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1**

**PILATES – 9 week session - \$45 for once a week**

***Noon-1pm – Rec Hall, Bldg 317***

**Tuesday: Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28**

**YOGALATES – 10 week session - \$50 for once a week (*Revised time*)**

***NOON-1pm – Rec Hall, Bldg 317***

**Monday: Jan 9, (NO 1/16), 23, 30, Feb 6, 13, (NO 2/20), 27 Mar 5, 12, 19, 26**

**ZUMBA – 9 week session - \$45 for once week OR \$80 for twice a week**

***Begins promptly at 12-1pm at the GYM, Bldg 461***

**Tuesday: Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28**

***5:15-6:15pm at the Rec Hall – Bldg 317***

**Wednesday: Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, 29**

**POOL ~ GYMNASIUM ~ WEIGHT ROOM**

**BERA Sports & Clubs ~ Volleyball/Soccer/Basketball**

**<http://www.bnl.gov/bera/recreation/clubs.asp>**

----- COMPLETE and return with your registration fee -----

**2012 BERA FITNESS REGISTRATION – Aqua Aerobics, Pilates, Yogalates & Zumba!!**

**Activity: \_\_\_\_\_ Class Day: \_\_\_\_\_ # of Weeks \_\_\_\_\_**

**Name: \_\_\_\_\_**  
(Please Print)

**BNL Life/Guest Number: \_\_\_\_\_ Building Number: \_\_\_\_\_**

**Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_**

**Emergency Contact and Phone Number: \_\_\_\_\_**

Make checks payable to BERA and mail to: Recreation Office, Building 400A

***Proof of Medical Insurance is required for all Guests/Users & Family Members***

***\*\*Please check with your physician before starting any fitness program.***

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The following activities do not require registration:

## **\$ PAY AS YOU GO:**

- **Kickboxing** - Mon & Thurs @ 12:15pm in the gym, \$5 per class (Bldg 461)  
Contact Recreation Office x2873
- **Aerobic Fitness** - Tuesday & Thursday in the Rec Hall (Bldg 317) at 5:15pm  
10 Classes for \$40, or \$5 per class  
Contact Pat Flood x7886 or email: [flood@bnl.gov](mailto:flood@bnl.gov)

## **FREE, FREE, FREE:**

- **Reiki Healing Circle** - contact Nicole Bernholc x2027  
Thursday - 12 Noon - email [berholc@bnl.gov](mailto:berholc@bnl.gov) for location
- **Tai Chi** - contact A. Rusek x5830 - *Great for balance and strengthening!*  
Monday, Tuesday, Thursday & Friday @ 12 Noon at Brookhaven Center (Bldg 30)
- **Yoga** - contact Ila Campbell x2206  
Wednesday - 12 Noon @ Brookhaven Center, North Room (Bldg 30) - [More Yoga class information](#)

Review the interesting opportunities offered by BERA Clubs:

<http://www.bnl.gov/bera/recreation/clubs.asp>

BERA Club information can be found at: [www.bnl.gov/BERA](http://www.bnl.gov/BERA)

*\*\*Please check with your physician before starting any fitness program.*

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## ***BNL Ballroom Dance Club***

Checkout our new website: <http://www.bnl.gov/bera/activities/dance/default.asp>

The Dance Series happens on Wednesdays at the Brookhaven Center North Ballroom beginning Wednesday, January 4, 2012.

The cost is \$45/person for the 6-week series. Classes on Jan 4, 11, 18, 25, Feb 1, 8

**5:15-6:15 - Beginner Cha Cha**

**6:15-7:15 - Intermediate Mambo**

**7:15-8:15 - Intermediate Foxtrot**

Practice sessions are held on most but not all Mondays from 5:30-6:30pm in the North Ballroom at the Brookhaven Center. There is no formal instruction but music is provided. If you would like to attend, please contact: Vinita Ghosh (6226) [ghoshvj@bnl.gov](mailto:ghoshvj@bnl.gov) or Kathleen Tuohy (3845) [tuohy@bnl.gov](mailto:tuohy@bnl.gov)